






Right for you right now

When we are frustrated by our situation, we can feel overcome with emotions which can feel uncomfortable. Sometimes what is right for you right now is to take a few moments to **change your focus of attention**. By using your senses, this simple technique will help to bring you back to the here and now, reducing feelings of distress which may be bubbling up inside of you.

-  **Think of 5 things you can see right now.** Focus on each thing in turn and notice the detail: name the item you are looking at. Describe it to yourself – what colour is it? What shape is it? What do you use it for?
-  **Now think of 4 things you can hear right now.** Again focus on each thing in turn: name the item or object making the noise. Is it inside the room with you or outside the window? If you close your eyes, can you picture the item or object in your mind?
-  **Now think of 3 things you can touch right now.** Reach out and make contact with them in turn: what are they? Think about why you need them. What do they feel like in your hand?
-  **Now take 2 deep breaths.**
-  **Finally, take 1 minute to keep the focus on your breathing.** Perhaps count the number of breaths or just focus on how your chest rises and falls with each breath.

This technique may help you in the moment to return to a place of calm. However, if you continue to feel overwhelmed or distressed, or if those feelings return at another time and this technique doesn't help, please reach out for help. The campaign webpage has details of emotional support services who can provide this support.